



Peanutty Chocolate Banana Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



298 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup skim milk fat-free (skim)
- 0.3 cup fruit cocktail
- 3 tablespoons peanut butter
- 7.6 oz banana yoplait®

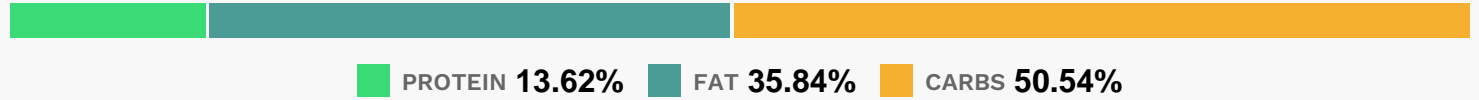
Equipment

- blender

Directions

- In blender, place all ingredients. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping to scrape sides as necessary, until smooth.
- Pour into 2 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.51, Glycemic Load:16.82, Inflammation Score:-6, Nutrition Score:14.08434785449%

Flavonoids

Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg, Catechin: 6.57mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 298.05kcal (14.9%), Fat: 12.74g (19.6%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 36.17g (13.15%), Sugar: 26.06g (28.96%), Cholesterol: 3.67mg (1.23%), Sodium: 156.08mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Manganese: 0.69mg (34.54%), Vitamin B6: 0.59mg (29.42%), Phosphorus: 239.46mg (23.95%), Potassium: 752.52mg (21.5%), Magnesium: 85.86mg (21.46%), Vitamin B3: 4.17mg (20.84%), Calcium: 180.66mg (18.07%), Vitamin B2: 0.29mg (17.1%), Fiber: 4.26g (17.02%), Vitamin E: 2.45mg (16.3%), Vitamin C: 9.95mg (12.06%), Vitamin B12: 0.71µg (11.84%), Folate: 45.54µg (11.39%), Vitamin B5: 1.07mg (10.7%), Copper: 0.21mg (10.42%), Vitamin B1: 0.14mg (9.37%), Zinc: 1.35mg (9%), Vitamin D: 1.35µg (8.98%), Vitamin A: 381.77IU (7.64%), Selenium: 4.66µg (6.66%), Iron: 0.78mg (4.35%), Vitamin K: 1.4µg (1.33%)